

A single Mum with 2 school aged children, unemployed for over a year and recovering from a trauma which has resulted in claiming ESA for stress and anxiety. Previously supported by mental health team with therapies Loss of confidence and feelings of emptiness. Depressed and lost. Reported a loss of a spring in her step and did not recognise the woman she had become

Work together

Before Life Coaching she was suffering from the aftermath of a deeply traumatic experience, so taking small steps and gaining her confidence back was a huge focus at our 1:1 meetings.

These were the areas that we focused on during our coaching work:

- Personality profile – identifying strengths and ideal career opportunities
- Wheel of Life – naming individual areas in life, scoring and setting goals to make improvements
- Core values – an exercise to understand our motivations in life and what are the unique values that we truly relate to and in turn create purpose and meaning in life
- Exercises and journaling to boost confidence and to find her own voice again and become aware of her own needs
- How to say no to other people demanding time and energy from her
- Health and diet and planning for a healthier lifestyle
- Confidence building exercises
- Job opportunities

The Good News

She successfully gained a part time job locally to work round the school run, which she is enjoying and has gained a sense of purpose and independence as well as meeting new people.

The Change

Gaining more physical exercise and putting her needs first more plus improved confidence in self and life. Learning to put boundaries in place

‘The BBO3 project has helped guiding me and helped find the stride in my step’